



Perfect pilchards. Any time. Every time.

Juggling a busy lifestyle and staying healthy is not easy. It's time you put Lucky Star Pilchards on your menu because it's power-packed with essentials like Omega-3 fatty acids that help your body fight against heart disease, arthritis, cancer and depression.

Look no further than the Lucky Star range for convenience and versatility. Here's a delicious Lucky Star dish you can make on the spot in just a few minutes.

Pilchard & Noodle Salad Serves 6

- 400g can Lucky Star Pilchards in Tomato
- 200g macaroni
- 2 carrots, peeled and sliced into matchsticks
- 2 spring onions, finely sliced
- 1 red or green pepper, cored, seeded and diced
- 2-3 spinach leaves, trimmed and finely shredded
- salt and ground black pepper

Dressing

- 4 tablespoons oil
- 3 tablespoons white wine vinegar
- tomato sauce from the can of pilchards
- 1 tablespoon soy sauce
- 1 teaspoon brown sugar
- ½ teaspoon mustard powder

Drain the pilchards over a bowl; keep the sauce. Roughly flake the fish.

Cook the macaroni in a large saucepan of salted, boiling water for 6 to 7 minutes until tender but still firm to the bite. Drain well in a colander; then tip into a large bowl. Mix in the carrots, spring onions, pepper and spinach, and season with salt and pepper.

Dressing: Mix together the dressing ingredients, and season with salt and pepper. Pour over the salad and toss well.

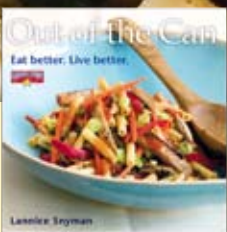


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APPROVED AS PART OF THE HEART AND STROKE FOUNDATION EATING PLAN

Diabetes South Africa



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